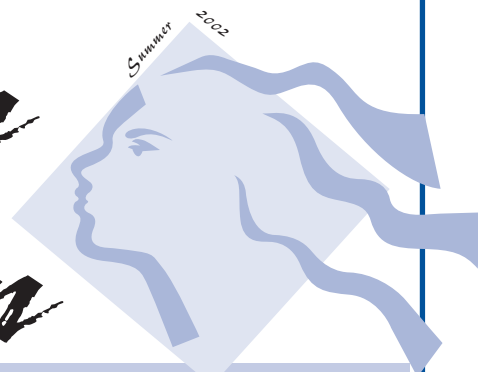


# Michigan Women

*A Publication of the Michigan Women's Commission*



◆ GOVERNOR JOHN ENGLER ◆ DEPARTMENT OF CIVIL RIGHTS DIRECTOR NANETTE REYNOLDS ◆  
◆ CHAIRWOMAN ANNE NORLANDER ◆ EXECUTIVE DIRECTOR JEAN KORDENBROCK ◆

## Healthy Michigan Update: Maternal and Child Health

Women who are pregnant, or who are thinking of becoming pregnant, need special nutrients and vitamins for a healthy pregnancy. A well-balanced diet from the five food groups will help provide most of the vitamins and minerals needed for a healthy pregnancy. But, women should consult a health care professional about receiving additional vitamin and mineral supplements,

such as iron and folic acid, to prevent certain diseases and birth defects. It is also very important that pregnant women receive plenty of fluids. Women should drink at least 8-12 cups of fluids a day, such as milk, juice, water, and soup.

Prenatal care is a basic health service in Michigan. All Michigan residents have a right to prenatal care regardless of income or other circumstances. To find

out more about the prenatal services available, please call the number listed below. Pregnant women may also qualify for the Michigan Department of Community Health's Women, Infants and Children (WIC) program for assistance with obtaining nutritious food for pregnancy and children up to 5 years of age, nutrition and breastfeeding education, and referrals to other health services.

If you would like more information on maternal and child health or the WIC program, please visit the Michigan Department of Community Health website <http://www.michigan.gov/mdch>. Or, you may call 1-800 26-BIRTH and you will be connected with an agency in your area that can help you receive information on prenatal care, WIC, insurance, providers, and support services.

### COMMISSIONERS

- Anne Norlander, Chairwoman – Battle Creek • Judith Garland, Vice Chair – Mt. Pleasant  
• Kamar Amanullah – West Bloomfield • Lynn Aronoff – Royal Oak • Judi Clark – Rockwood  
• Lynda Cosgrove – Traverse City • Mandy Grewal – Ann Arbor • Kaye Grubba – Owosso • Patricia Hardy – Bloomfield Hills  
• Dawn Koehler – Royal Oak • Tammy McDonough – Beaver Island • Judith Schwalbach – Escanaba  
• Ramirra Stackhouse – Orchard Lake • Julie Ann Stevens – Saginaw • Joyce Watts – Allegan

### EX OFFICIO

- Maura Campbell – Consumer & Industry Services • Deanna Hopkins – Civil Service  
• Jocelyn Vanda – Family Independence Agency • Kathy Weller – Education

### STAFF

Jean Kordenbrock, Executive Director • Alissa DeGrow, Program and Outreach Specialist • LuAnn Maurer, Executive Secretary

# Smoking: What You Should Know

**A**ccording to the Surgeon General's Report for 2001, lung cancer will kill nearly 68,000 women in the United States this year alone. More women will die from lung cancer this year than any other cancer, including breast, as lung cancer has become the leading cause of cancer related death for women. Smoking has become one of the most important health concerns facing women today.

The average smoking rate of female smokers in Michigan is 22 percent, almost equal to the national average. Although the smoking rate among women in the 1970s through the 1980s was on the decline, these rates have stalled and smoking among teen girls has begun to rise at a disturbing level.

Many people believe that lung cancer is the only health risk associated with smoking, but smoking can affect women in many different ways. Smoking can also cause mouth, gum, throat, larynx, esophagus, kidney, pancreas, bladder, cervical and breast cancer. Also, women who smoke while taking

take oral contraceptives have an increased chance of developing cardiovascular diseases such as blood clots, strokes and heart attacks.

Smoking has also been linked to pelvic inflammatory disease and lower rates of fertility. For those women who smoke while they are pregnant there is an increased chance of miscarriage, birth defects, low birth weight, and other serious health complications. A new study shows that infants who inhale second hand smoke have a heightened risk of sudden infant death syndrome.

Smoking has serious health consequences for women and children, putting them at an increased risk for many preventable diseases. If you would like more information about quitting, please contact your local health department, or the Michigan Department of Community Health at (517) 335-9992. They will be able to provide you with proper information and tools to help you quit for good. Please ask for a Quit Kit. If not for your own health, then for the health of your child.

*The Michigan Women's Commission would like to invite you to visit our new website at*  
**[www.michigan.gov](http://www.michigan.gov)**

*Please click on "State Web Sites," and view "Civil Rights" to read about the new projects of the Michigan Women's Commission.*

## Exercise Your Right to Vote! Where to Register:

- any Secretary of State branch office,
- at your county, city, or township clerk's office,
- by mail - form is available from clerk's office or the Secretary of State website at [www.michigan.gov/sos](http://www.michigan.gov/sos).

For more information, please contact your local clerk.

# Commissioner's Corner...

**L**ife is all about the decisions we make. Big or small, their consequences are far-reaching and determine the quality of our lives.

Remember the day you were offered your first cigarette, or decided to surreptitiously experiment with one on your own? Whether or not that day was the beginning of a lifetime habit, smoking would eventually impact your biography, directly or indirectly.

For me, that day occurred as an eighth grader at the home of a friend whose parents both worked. We regularly congregated at her house after school, and on one such occasion, one of the boys produced a cigarette. "Here, try this," he said, passing it around. I did not know then how lucky I was to hate its taste.

The next onslaught of pressure to smoke came as a freshman in college. A visit to the Union required a cola in one hand and a cigarette in the other in order to appear savvy and sophisticated. Thankfully, the memory of that first distasteful puff years earlier continued to be a major deterrent.

My mother had not been so fortunate. Early in life, she succumbed to Hollywood's portrayal of the femme fatal enjoying the smoke rings that encircled her head. Smoking calmed her nerves, she said. I never fully realized what a chain smoker she had become until she died at the age of 78 from causes related to her addiction. I was certainly aware of the gradual changes in her voice, from melodious to gravelly, and in her skin, from smooth and healthy, to lined and gray. But, it wasn't until I recognized the effects and saw the nicotine and tar coated walls near her bed, did I truly understand the power of her addiction.

Smoking is a killer, and statistics prove this to be true. It is a leading suspect in the cause of lung and breast cancer, high blood pressure, strokes and heart attacks. Yet, even though I was directly and indirectly affected by the tragic loss of my mother, I still found myself leaning in favor of personal

rights. "Why should anyone be denied a personal pleasure?" I wondered.

I know the answer now with each passing year. My grandchildren would have been enthralled with their great-grandmother's wit and creativity, and it would have

been a mutual love affair. This past month, rain filled Mother's Day as the children played on the front lawn, and I suddenly thought of the tiny child's umbrella tucked away in the hall closet. My mother had purchased it at a garage sale with just such a day in mind. "Do you remember Gran-Gram?" I inquired, handing it to the youngest one prancing in the rain. "She bought this for you."

How might I have prolonged her life? Love may be the best means we have in helping those we care about stop smoking. We must put on the pressure in subtle and not so subtle ways – no ashtrays in our smoke-free homes and offices, directly confronting our loved one the minute they light up, and express vocally just how crucial the addicted loved one is to our happiness.

Then, we may not have to prematurely say such words as, "Do you remember Gran-Gram?"



**Pat Hardy**

# COMMUNITY COLLEGES AND M-TEC SCHOOLS WILL HELP MICHIGAN WOMEN BE PREPARED FOR THE FUTURE JOB MARKET

According to the Michigan Economic Development Corporation, there is a popular misconception that workers need a four year degree from college or university to have access to high paying jobs. But, there is an increasing number of jobs in technological fields that require education and training from community colleges and Michigan Technical Education Centers (M-TEC). Less than half of the high-tech jobs require a bachelor's degree, and the number of available jobs in the tech field often exceeds the number of qualified people.

Doug Rothwell, President and Chief Executive Officer of the Michigan Economic Development Corporation, believes that over the next ten years, jobs requiring a four year degree will remain relatively constant. But, the number of technological positions, or "gold collar" jobs, requiring specialized skills obtained through M-TEC schools will significantly increase. Some of the careers that may be obtained with this specialized training include manufacturing, construction technology, industrial automation and other technical areas that require advanced training and pay \$30,000 - \$40,000 to new graduates of the program.

Community colleges and M-TEC schools offer the education that is necessary to prepare workers for technological careers, providing training to high school graduates, four-year college graduates and experienced workers.

How will Michigan citizens and youth access this growing job market? Eighteen community colleges in Michigan offer M-TEC: Bay De Noc



Community College, Grand Rapids Community College, Grand Rapids Community College (Holland), Henry Ford Community College, Kalamazoo Valley Community College, Kellogg Community College, Kirtland Community College, Lake Michigan College, Lansing Community College, Macomb Community College, Mid-Michigan Community College, Montcalm Community College, Mott Community College, Mott Community College (Howell), Northwestern Michigan College, Oakland Community College, Southwestern Michigan College, and St. Clair Community College. If you would like to learn more about M-TEC or locate a community college in your area offering M-TEC, please visit <http://medc.michigan.org>, or call (517) 373-9808.



# Safety of Newborns; Safe Delivery



Surrendering the child can be done anonymously and the child will receive proper medical attention, and will be placed with a pre-adoptive family. Twenty-eight days after surrendering the newborn there will be a court hearing to terminate parental rights. The birth parent may petition the court at that time to regain parental custody.

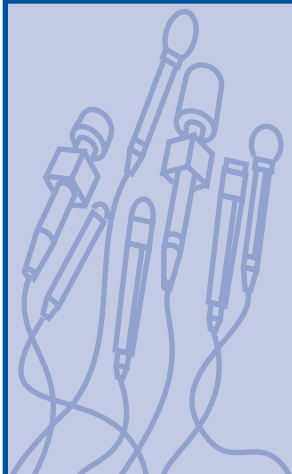
The Safe Delivery program also provides information on health agencies that can assist in

**O**n May 30, 2000 a maintenance worker at a car wash found a two-day-old baby wrapped in towels, placed in a cardboard box, and abandoned in a car wash bay. The mother was later identified as an 18-year-old high school honor student and athlete who was approaching graduation.

obtaining services and support for pregnancy related issues, as well as an explanation of laws regarding Safe Delivery and adoption. Questions concerning Safe Delivery may be directed to the Safe Delivery toll free hotline at 1-866-733-7733, or you may visit [www.michigan.gov](http://www.michigan.gov) and search for Safe Delivery.

To prevent tragedies like the story above, the Michigan Legislature passed Public Act 235, a law that outlines a program to encourage the health and safety of mothers and infants called "Safe Delivery". Effective January 1, 2001 Safe Delivery allows a mother to surrender her newborn to an "emergency service provider"—an employee inside a hospital, fire department or a police station—if the child is no more than three days old. A parent surrendering her child under Safe Delivery is encouraged to provide as much medical history as possible to the emergency provider. Any information voluntarily provided to the emergency service provider at that time will not be made public.

Surrendering a newborn under these circumstances does not violate any state laws and no one will be prosecuted solely because of the surrender.



**The Michigan Women's Commission would like to announce that Commissioners are available to make presentations to community, school, or business groups on issues pertaining to women. For more information, please contact our office at (517) 373-2884.**

# Women's Commission Publications

-  A Guide to Personal Protection Orders
-  A Relationship Is No Place for Violence (Dating Violence)
-  Annual Report 2001
-  Club Drugs: What You Should Know
-  Club Drugs: What You and Your Kids Should Know
-  Domestic Violence Mirror Cling
-  Domestic Violence Wallet Card
-  Ecstasy: It's A No-Brainer
-  GHB: A Vicious Scam. A Proven Killer
-  MWC Information Bookmark
-  Methamphetamine
-  Safety Tips For You and Your Family (Domestic Violence) *(Also available in Spanish)*
-  Stalking: Understand Your Rights
-  Watch Out For Rape Drugs

To order publications, call (517) 373-2884 or e-mail at [mwci1@michigan.gov](mailto:mwci1@michigan.gov)

Please note: all publication orders limited to 100 count.



## Mailing List Update

If your name or address needs to be changed on our newsletter mailing label, or if you receive duplicates, please mail or fax the correct information (along with your current label) to the address or fax number listed below. Thank you.

*No article may be reprinted without permission.*

Printed by Authority of PA 1 of 1968 Total Number of Copies: 15,000 Total Cost: \$1,213.95 Cost Per Copy: \$0.08

RETURN SERVICE REQUESTED

Michigan Women's Commission  
124 W. Allegan Street, Suite 110  
Lansing, Michigan 48913  
(517) 373-2884 fax: (517) 335-1649  
[www.mdc.state.mi.us/mwc/](http://www.mdc.state.mi.us/mwc/)

PRESORTED STANDARD  
U.S. Postage  
PAID  
Lansing, Michigan  
Permit No. 1200